



Your FREE 13 page guide to get you Started with your book

Cross the Finish Line

Write & Complete Your Book

Are you ready to transform your life into a powerful book?

Are you ready to stop wating and start writing?

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Your Work book - with Alice Readman

Cross the Finish Line: Write & Complete Your Book

Workbook & Author Journal

A Guided Companion to the 8-Week Author Journey

Welcome

Welcome to *Cross the Finish Line* Workbook.

This workbook is your personal companion throughout the course. It has been designed to help you move beyond simply thinking about writing a book and into becoming an author who completes one.

Writing a book is more than producing words on a page. It is a journey of self-discovery, courage, clarity, and commitment. Along the way, you may encounter excitement, doubt, inspiration, resistance, and breakthrough. Every part of the journey is valuable.

Use these pages to capture your ideas, answer the reflection questions honestly, complete the writing exercises, and celebrate your progress.

Remember: **Progress creates books—not perfection.**

Hello from Alice

Every book begins with a single decision.

The decision to stop waiting.

To stop doubting.

To stop telling yourself, "One day I'll write my book."

If you're reading this guide, chances are you've been carrying a story, a message, or an idea for some time. Perhaps you've started writing before but lost momentum. Perhaps you're unsure where to begin, or maybe you've convinced yourself that you're not a writer.

I'm here to tell you something different.

Your story matters.

Someone is waiting to read the words only you can write.

This guide is designed to help you uncover your message, overcome the first obstacles, and begin writing with clarity and confidence. More importantly, it will help you see that writing a book isn't about perfection—it's about progress.

As you move through these seven steps, be curious, be honest, and give yourself permission to write without judgment.

This is the beginning of your author journey.

Let's cross the finish line together.

Alice

Author, Speaker & Writing Mentor

Books: I Am Alice, Break Up, Breakdown, Breakthrough, A True Adventure Story

The I Am Journal, Connection, Creativity, Clarity, A guide book to journalling and discovering your unique gifts.

Weekly Progress Tracker for the next month

Commit to Writing, make plan of Action.

Make a record as you go: Consistency is key! Tracker page at the back of the book. Make it playful and fun: Commit to complete it!

Module One

Begin With Why

Why do you want to write this book?

Spend a few moments reflecting before writing. This is really key to fully understand and write down the why?

My reasons for writing this book are...

Who is this book for?

Describe your ideal reader.

What challenges are they facing? Or how can your book help others whether sharing your personal story or a self-help, or non-fiction book.

How will your book help them?

Research the Market and visit a bookshop or online store:

Find 3 books similar to what you want to create and do some research how they planned their book. Look at the structure, the way it's written as it's good to know where your book would fit in a bookshop. This can help with discovering you attracting your audience.

Visit a bookshop and look at the designs. Get some ideas, colour, font's images, and imagine what yours could look like. I would suggest you use a graphic designer than can really bring you book to life design wise. We live in such a visual world and people really do buy a book by it's cover.

Write about what you learnt in relation to the book you are writing?

The importance of cover design: how manage pages? Word count usually around 60,000

What message do you want readers to remember?

If someone could only remember one lesson from your book, what would it be?

Exercise

Finish these sentences.

My story matters because...

Or if a non-fiction book who will your book help others?

I feel called to write because...

When I finish this book, I will...

Author Reflection

On a scale of 1–10:

How committed am I to finishing this book?

What would move me one point higher?

Module Two

Clarify Your Story

Brainstorm

List every story, lesson, experience, memory, challenge, and breakthrough that comes to mind. ***Don't edit yourself.***

Finding the Golden Thread

Looking over your ideas:

What themes appear repeatedly?

- ☐ Courage
- ☐ Healing
- ☐ Leadership
- ☐ Relationships
- ☐ Faith
- ☐ Adventure
- ☐ Personal Growth
- ☐ Resilience
- ☐ Purpose
- ☐ Other

Your Transformation

Who were you at the beginning of your story?

Who are you now?

What has changed?

Module Three

Powerful Storytelling

Choose one important moment.

Describe:

Where were you?

Who was there?

What happened?

What could you see?

Hear?

Feel?

Smell?

What emotions were present?

Write the scene rather than simply explaining it.

Writing Space

Module Four

Your Book Blueprint

Working Title: Brainstorm some titles, write them down and come back to them as you go. Personally, I think it's a good idea to type up the words as if for book cover and see the words in Text Form. See how they visually look. Research other books and check your title hasn't been used, as ideally you want the title to be unique.

Subtitle: This fully explained to some degree what your book is about, depending on the kind of book you are creating.

(Keep a journal about title/subtitles ideas, as it's important to find a title that will stand out and also express what your book is all about).

Chapter Brainstorm/ Breakdown what will be in each chapter. This is worth doing so when you come to write you have a clear structure for your book. It's important not to have filler chapters and really work out the meaning and story/ meaning in each chapter. Saves on editing out later.

Chapter 1

Purpose:

Main Story:

Reader Takeaway:

Chapter 2

Purpose:

Main Story:

Reader Takeaway:

(Continue for each chapter.)

Module Five

Breaking Through Your Obstacles

What has stopped you finishing until now?

Be completely honest.

Which of these resonate?

- ☐ Perfectionism
- ☐ Fear of judgement
- ☐ Fear of success
- ☐ Self-doubt
- ☐ Lack of time
- ☐ Overthinking
- ☐ Procrastination
- ☐ Unclear direction
- ☐ Confidence
- ☐ Other

Rewrite the Story

Old belief:

New empowering belief:

My Author Declaration

I choose to become the author my future readers are waiting for.

I commit to showing up consistently.

I accept that imperfect words can always be edited.

Finished books change lives.

Unwritten books do not.

Signature

Date:

Weekly Progress Tracker: Make it happen and keep a record of your progress: Most Importantly keep going. Along the way ask for support from people you can trust. Or even better share your journey of writing along the way. Consider Substack.com and commit to weekly writing on there.

Week 1

Words Written:

Biggest Win:

Challenge:

Next Goal:

Week 2

Words Written:

Biggest Win:

Challenge:

Next Goal:

Week 3

Words Written:

Biggest Win:

Challenge:

Next Goal:

Week 4

Words Written:

Biggest Win:

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Challenge:

Next Goal:

Week 5

Words Written:

Biggest Win:

Challenge:

Next Goal:

Week 6

Words Written:

Biggest Win:

Challenge:

Next Goal:

Week 7

Words Written:

Biggest Win:

Challenge:

Next Goal:

Week 8

Words Written:

Biggest Win:

Challenge:

Next Goal:

Celebrating the Finish Line

Congratulations.

Today you have achieved something many people only dream about.
Take a moment to reflect. You have written your first draft or your book or on your way to finishing your book.

What are you most proud of?

What surprised you?

How have you grown?

What message would you give the version of yourself who almost gave up?

Finally...

Write these words with confidence.

I am an author. Believe these words. Imagine your new role in sharing your book.

Join Substack and start introducing yourself and connecting with the people that could potentially buy your book when it's written. Start building your audience before your book is even written. Publishers expect you to have an engaged audience if you want to go for a book deal.

NOTES - Why Substack?

You need to build your audience, the best way and most fun way I believe is to start your own substack.com about your journey, share about your book and connect with likeminded people. You can write openly and authentically about why you are writing and what it means to you. As you connect with your audience, you can build an email list and connect with your audience. To build your confidence you can start your own podcast or go live and talk directly to your audience.

You can connect with me on Substack @iamalice

I have two podcasts on it and you can connect with me about joining me on my podcast and share your book. Look around your world for opportunities to share your book. YouTube I Am Alice Podcast and Midweek Medicine, You are the Medicine. Weekly Live on SubStack @iamalice: we support you through life's changes.

On Substack many people share how to use Substack and I find people very encouraging and keen to connect. It's different to Facebook and instagram. Try it and build your audience as you go, so when your book is out you can share some free chapters and share your own personal journey of writing your first book.

Agents and Publishers

You don't have to have written your book to get a publishing deal, but if you are a first time writer it's probably best. You can find agents online and connect with them. The agents have a list of what they are looking for book wise. They have a criteria of requirements and take around six weeks to apply.

1. Find an agent that specialises in your genre.
2. Write a Query letter to them, (this is a job in itself and takes time) all agents explain what they require so if you need to make time and I suggest a personal letter to each agent.
3. You have nothing to lose, but your time to create the letters and fill out the online forms. They usually ask for some finished chapters so they can assess whether they are interested in your work and moving forward with your book.

4. Most publishing houses do not accept manuscripts they want you to find an agent. I did try this way, but for me I choose the self-publishing route. Expect rejections but if you don't try you will never know.

Good luck and keep me posted on your journey, I would love to hear about your story.

You can join my private Facebook group and ask questions, I will do my best to answer or put you in the right direction.

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